

FRUIT AND VEGETABLE SEASONAL CALENDAR

SPRING (September, October, November)			SUMMER (December, January, February)		
FRUIT			FRUIT		
Apples	Mangoes	Plums	Apples	Litchis	Plums
Avocados	Naartjies	Pomegranates	Apricots	Mangoes	Pomegranates
Blueberries	Nectarines	Quinces	Bananas	Melon	Prunes
Easy Peeler citrus	Oranges	Raspberries	Blackberries	Mulberries	Quinces
Figs	Passion Fruit	Sweet melon	Blueberries	Nectarines	Raspberries
Granadillas	Pawpaw	Watermelon	Cherries	Passion Fruit	Strawberries
Grapefruit	Peaches		Figs	Pawpaw	Sweet melon
Grapes	Pears		Grapes	Peaches	Summer berries
Lemons	Persimmons		Guavas	Pears	Watermelon
Litchis	Pineapples		Lemons	Pineapples	
VEGETABLES			VEGETABLES		
Artichokes	Butternut	Potatoes	Artichokes	Chives	Radishes
Asparagus	Carrots	Red onions	Asparagus	Green beans	Red onions
Aubergines	Kale spinach	Rhubarb	Aubergines	Mielies	Rhubarb
Baby marrows	Mielies	Turnips	Baby marrows	Onions	Speciality tomatoes
Brussels sprouts	Parsnip	Watercress	Beetroot	Patty pans	Sweet corn
			Butternut	Potatoes	Sweet potatoes
AUTUMN (March, April, May)			WINTER (June, July, August)		
FRUIT			FRUIT		
Apples	Litchis	Persimmons	Apples	Naartjies	
Avocados	Mangoes	Pineapples	Avocados	Oranges	
Blueberries	Naartjies	Plums	Dates	Passion Fruit	
Easy Peeler citrus	Nectarines	Pomegranates	Easy Peeler citrus	Pawpaw	
Figs	Oranges	Quinces	Kiwi	Pears	
Granadillas	Passion Fruit	Raspberries	Lemons	Persimmons	
Grapefruit	Pawpaw	Sweet melon	Limes	Pineapples	
Grapes	Peaches	Watermelon	Melon	Strawberries	
Lemons	Pears		VEGETABLES		
Aubergines	Butternut	Radishes	Asparagus	Jerusalem artichokes	Pumpkin
Baby marrows	Carrots	Speciality tomatoes	Beetroot	Kale spinach	Radishes
Beetroot	Hubbard squash	Sweet peppers	Broad beans	Mushrooms	Sweet potatoes
Broad beans	Leeks	Sweet potatoes	Broccoli	Onions	Turnips
Broccoli	Onions	Turnips	Brussels sprouts	Parsnips	Watercress
Brussels sprouts	Parsnips		Carrots	Peas and beans	
Butter beans	Potatoes		Edamame beans	Potatoes	